

Informed Consent

When a test, treatment, or intervention is recommended, learn how it works and then ask:

- **Benefits:** What is the problem we are trying to prevent or fix? Will this fix the problem? If not, what would we do next?
- **Risks:** What are the possible risks or side effects?
- **Alternatives:** What are the possible alternatives? What would happen if we did nothing?
- **Timing:** Is the situation urgent, or is it possible to wait?